

Billings Area Injury Prevention Newsletter

Billings Area Indian Health Service

October-December 2008 Edition

Volume 2, Issue 4

Indian Health Service Injury Prevention Program Development Fellowship Class of 2008 Meets in Tucson, AZ for Field Course

December 2008, Tucson, AZ– The Indian Health Service (IHS) Injury Prevention (IP) Program Development Fellowship Class of 2008 met in Tucson, AZ for the third of scheduled four courses during the first week of December 2008.



Photo by Toni Short

Pictured Above (l-r), Lyndon Endischiee, Tuba City Regional Healthcare Corp, AZ; Don Williams, facilitator, Tucson Area IHS; Sybil Cochran, facilitator, Tucson Area IHS; Kenny Hicks, facilitator, Phoenix Area IHS; Toni Short, Caddo Nation, OK; Mary Robertson-Begay, Navajo/Hardrock, AZ; Fleurette Brown-Edison, Navajo Area IHS; Darcy Merchant, Billings Area IHS; and Jason Hymer, Norton Sound Health Corp., Nome, AK. Not Pictured Janelle Trotter, Amy Cozad, and Robin Lee.

The IP Program Development Fellowship is a 12-month advanced learning experience for individuals promoting injury prevention in American Indian/Alaska Native communities. It combines course work, hands-on experiences, assistance from injury prevention experts, and completion of a community injury prevention project.

A total of nine Program Development Fellows attended the course in Tucson, AZ. The December course focused on Diabetes and Injuries. Fellows were divided into three groups and were given a specific topic relating to: Diabetes and Falls; Diabetes and Burns; and Diabetes and Sensory Screening.

Major objectives of the course was to ensure the fellows learned focus group, key informant interviews, and home assessment techniques to be utilized for their own fellowship projects in their area.



Photo by Jason Hymer

Pictured Above: Jason Hymer conducted a diabetes home fall assessment for an elderly community member in Sells, AZ on the Tohono O'odham reservation.

All three groups developed the appropriate materials relating to their group's subject and applied them to community members with diabetes residing on the Tohono O'odham and Pascua Yaqui nations near Tucson, AZ.

The culmination of the course ended with presentations of each groups findings to Tohono O'odham and Pascua Yaqui community members and officials at the Sheraton Tucson Hotel meeting center.



Photo by Toni Short

Pictured Above: Darcy Merchant presenting a portion of the Fall and Diabetes group's findings to community members.

The next course for the IHS IP Program Development Fellowship is scheduled for February 2009 in Albuquerque, New Mexico. Fellows will wrap up their projects by April 1st, 2009 and begin preparation for their final project presentation before a national audience at IHS Headquarters in Rockville, Maryland on May 6th-7th, 2009.



"INJURIES ARE PREVENTABLE!"

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Injury Prevention Links

Indian Health Service



IHS.gov

Indian Health Service,
Injury Prevention
Program



[IHS Injury
Prevention Program](http://IHS Injury Prevention Program)

Centers for Disease
Control and Prevention



cdc.gov

CDC– Injury, Violence,
and Safety



[Injury, Violence,
Safety website](http://Injury, Violence, Safety website)



The National Wellness Institute
2009
 Health & Wellness
 Observances Calendar

December 2008

National Drunk and Drugged Driving Prevention (3D) Month

nhtsa.dot.gov



Safe Toys and Gifts Month

preventblindness.org



Tie One On For Safety Campaign- November 22nd- January 1st

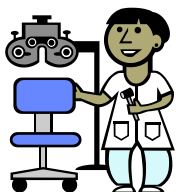
madd.org



January 2008

National Glaucoma Awareness Month

glaucoma.org



Area Wide News and Events

Billings Area Office

A Year in Review: FY 2008 IHS Injury Prevention Initiatives-Service Unit Reports

December 2008- Editors note: All entries are submitted by IHS & Tribal Injury Prevention Coordinators at end of FY 2008. The Billings Area IHS IP program would like to thank all the IP Coordinators for their hard work and dedication!!! We look forward to working with you in the New Year!!!

Blackfeet Service Unit OEHE - Injury Prevention:

1. **Blackfeet Skate Park Injury Prevention Safety:** The Blackfeet Service Unit OEHE purchased padding (mats), skateboard helmets, knee & elbow pads for the youths. Skateboard safety education was also provided for the youths.
2. **Injury Prevention Newspaper:** The Blackfeet Service Unit OEHE submitted ads to Glacier Reporter on injury prevention safety for surrounding communities.
3. **Baseball helmets:** The Blackfeet Service Unit OEHE purchased baseball helmets for the summer youth baseball games.
4. **Injury Prevention Billboards:** The Blackfeet Service Unit OEHE plans to develop an Injury Prevention Billboard to be placed on main street intersection in Browning.

Crow Service Unit OEHE - Injury Prevention

1. **Child Passenger Safety Seat.** The Crow Service Unit OEHE has a permanent child safety seat station (operating daily) and sponsored child safety seat clinics in different locations on the Crow Reservation.
2. **Sobriety Check Points:** The Crow Service Unit OEHE and local law enforcement has conducted combined county and reservation checkpoint on New Years Eve.
3. **Bike Rodeo and child safety seat installation Clinic:** The Crow Service Unit OEHE, the Boys and Girls, and the B.I.A Highway Safety Program sponsored a bicycle rodeo for youths.
4. **DUI Task Force Meeting:** The Crow Service Unit OEHE has an on-going DUI Task Force that meets monthly to address DUI issues.

Fort Belknap Tribal OEHE - Injury Prevention

1. **Child Safety Seat Clinics:** The Fort Belknap OEHE Tribal Injury Prevention Program has sponsored a child safety seat clinic and also given

out seats at the walk in clinics.

2. **Law Enforcement Sobriety check points and security at celebrations.** The Fort Belknap OEHE Tribal Injury Prevention Program collaborated with the Fort Belknap Tribal Law enforcement and conducted checkpoints at the two community event celebrations.

3. **Rabies Clinic:** The Fort Belknap OEHE Tribal Injury Prevention Program conducted rabies clinic in the communities of Ft. Belknap, Hays, Lodge Pole, and Dodson.

4. **Bike Rodeo:** The Fort Belknap Tribal Injury Prevention Program sponsored a bicycle rodeo and purchased bike helmets for the youths.

5. **Stress Management Training:** The Fort Belknap Tribal Injury Prevention Program sponsored a stress management training at Fort Belknap. The trainer provided information on stress management.

6. **Work Violence Presentation:** The Fort Belknap Tribal Injury Prevention Program sponsored a presentation session on preventing violence in the workplace.

7. **Elderly Fall and Fire Prevention Project.** The Fort Belknap IHS Service Unit was awarded a grant from the Office of Environmental Health and Engineering, IHS Headquarters, Rockville, MD to implement a fall and fire prevention project targeting the elderly on the Fort Belknap Indian Reservation. The project funds will purchase grab bars, baths mats, night lights and smoke/CO detectors. The First Nations Remembering When: A Fire and Fall Prevention Program for older Adults will be utilized for the project. This project is coordinated with the Fort Belknap IHS Service Unit, Fort Belknap Tribal CHR Program, Fort Belknap Tribal OEHE, Fort Belknap Tribal Housing Authority and the Billings Area IHS OEHE Program. The Billings Area IP Specialist provided the in-service training utilizing the program guide from the First Nations Remembering When: A Fire and Fall Prevention Program for Older Adults. The participants for the training included the Fort Belknap Tribal CHR, and OEHE Programs. Home safety assessments are currently being conducted for the project.

Fort Peck Tribal OEHE - Tribal Injury Prevention Program

1. **Child Safety Seat Clinics:** The Fort Peck Tribal Injury Prevention Program and the Fort Peck Highway Safety Department to conduct several Child Safety Seat Clinics across the Fort Peck reservation.
2. **Seat belt surveys:** The Fort Peck Injury Prevention Program conducted seat belt surveys with the Highway Safety Department to monitor child safety seat usage.

Please see Initiatives on pg. 3...



The National Wellness Institute

2009

Health & Wellness
Observances Calendar

February 2008

National Child Passenger Safety Awareness Week, Feb 8th-14th

nhtsa.dot.gov



Collegiate Safe Spring Break Programming, Late February-Early April

bacchusgamma.org



March 2008

Brain Injury Awareness Month



biausa.org

biamt.org

National Poison Prevention Month

poisonprevention.org



Area Wide News and Events

4. Dog Round Up: The Fork Peck Injury Prevention Program, county, local law enforcement and the animal control program have conducted a collaborative effort to round up all the stray dogs across the reservation in each community. The purpose is to reduce the number of stray dogs and reduce dog bites.

5. Safe of All Roads Project: Injury Prevention worked with representative from the "Safe on All Roads" program sponsored by the Montana Department of Transportation promoting Seatbelt Safety and Car Seats at community events and health fairs.

6. LIFESAVERS: The Fort Peck Tribal Injury Prevention Coordinator conducted a presentation at the schools on behalf of Burlington Northern Railroad promoting safety and awareness utilizing the "LIFESAVERS" training Injury Prevention members received in 2006.

7. Seat Belt Safety Promotion: Fort Peck Tribal Injury Prevention Program sponsored a relay race promoting seatbelt safety and not to drink and drive during an annual celebration in Poplar. The event was a success with nine teams in which they had to swim, bike, and run with a three man team. The event was made possible by working with community members volunteering their time and with the help of County, Tribal Officers and some support from the Office of Environmental Protection program of the tribes.

8. Gang Awareness: Fort Peck Tribal Injury Prevention Program implemented a gang awareness in the community of Brockton to deter some of the violence and graffiti that has taken place. Collaborating with the mayor of Brockton, Roosevelt County Sheriff and the Neighborhood watch are implemented in the community.

9. Motor Vehicle Crash Data: Montana Department of Transportation: Fort Peck Tribal Injury Prevention Program is collecting motor vehicle crash reports occurring on the Fort Peck Reservation. This project is coordinated with the Montana Highway Safety Department on using the ArcGIS system to monitor some of the crashes that take place on the Fort Peck Reservation.

10. Youth Bike Rodeos: Fort Peck Tribal Injury Prevention Program sponsored a bike rodeo in the Communities of Wolf Point and Poplar. Coordinated event with community members and local law enforcement.

Northern Cheyenne Tribal OEHE - Injury Prevention

1. Injury Prevention Committee Meetings: The Injury Prevention Committee meeting was

combined with the Safety Committee. The purpose of the meeting was to discuss injury prevention initiatives.

2. Injury Prevention Newspaper Article: Submitted information on reflective clothing for pedestrian safety.

3. Child Safety Seat Clinic: The Northern Cheyenne Tribal OEHE Tribal Injury Prevention will be a coordinating and planning a 3-4 day CPS Child Safety Seat Certification training with the Montana Department of Transportation. The CPS training will be held in spring 2009.

Fort Washakie Service Unit OEHE - Injury Prevention

1. Car Seat Loaner Program: The Fort Washakie Service Unit OEHE purchased child safety seats (high back boosters, infants and convertibles).

2. Bicycle Rodeo: The Fort Washakie Service Unit OEHE sponsored a bicycle rodeo and provided helmets and educational materials for the youths participating in the event.

Northern Arapaho Tribal OEHE - Injury Prevention Program

1. Child Passenger Safety Program: Purchased 60 car seats for clinics.

2. Donated 60 bike helmets for bike rodeos and provided assistance during rodeos.

3. Helped in coordination efforts for reservation-wide Rabies Clinics.

4. Attended Billings Area IHS Injury Prevention meetings throughout FY 2008.

5. The IP Coordinator was recently certified as a child passenger safety technician.

Blackfeet Service Unit

December 2008- The Browning Tribal Head Start Program received a grant from the Indian Health Service Ride Safe Program to implement a child safety seat program. The Ride Safe Program aims to reduce the rate of motor vehicle related injuries to children, ages 3 to 5 years, enrolled at the Tribal Head Start Schools on the Blackfeet Indian Reservation.

Ms. Shelly Hall is the Ride Safe Coordinator. Ms. Hall will be implementing the project activities and to provide enrolled students with child safety seats and to provide child safety seat education to the parents and staff. The Browning Tribal Head Start Program will be receiving the first shipment of child safety seats soon.

Please See Area Wide News & Events, pg 4...



Fort Belknap Service Unit

Activities Report October-December 2008

October 15th- Joseph Colella presented at Head Start Center for Head Start staff, parents, and day care providers on Child Passenger Safety.

October 15, 2008 - Family Wellness Presentation at Agency Senior Center. Avis Spencer conducted a short presentation on "Room to Live" the DVD from the MDT and passed out information on seat belt usage and drinking and driving.

October 21st -Networking Meeting (Tribal Programs coordinate resources and personnel to provide services and activities for reservation youth & community)

November 20, 2008 - Avis Spencer provided the 477 & JOM Tutoring Program promotional products for youth educating on seat belt usage and drinking and driving.

November 20th- Tobacco Use Prevention Program and Avis Spencer set up informational booth at Fort Belknap Tribal Casino. Smoking cessation and using seat belts was the focus for this day - we were there three hours.

November 24, 2008- Purchased healthy snacks for youth participating in "Fit Families" Co-Ed Basketball Tournament at Red Whip, provided 15 minute session on safety.

November 26th- Avis Spencer called Staff Sergeant Jason White of the MT National Guard Drug Awareness Program to present at GONA for youth scheduled December 29 - 31, 2008. I also called Major Roudebush about rock climbing wall event for the All-niter scheduled for December 31, 2008.

December 8th - One entry for round dance song contest, emphasis on drinking & driving, distracted driver, seat belt usage.

December 9th - Networking meeting and telephone call to Blaine County Binge Drinking Grant Coordinator about sharing resources and data.

Activities report submitted by Avis Spencer, Injury Prevention Coordinator, Fort Belknap Tribal Health Department.

Northern Cheyenne Service Unit

December 2008- As part of the Injury Prevention Team and being a member of our TERC, I have attended several meetings in the last couple of months on a big issue here on the Northern Cheyenne Reservation about livestock on the highways. This has been an ongoing problem for years and has cost us lives and many accidents have occurred because of this. It is not only a safety issue to our residents and the people that travel our roadways, but it also takes up quite a bit of time from our police officers duties as they are called out daily for livestock on the roads.

We have met with MDT, the Tribe, and BIA to try and come up with a doable plan and hopefully get something done, since we have some new councilmen and a new tribal president.

It is still not clear as to the issue about open or closed range on our roadways. This has been going on since 1985. Since the roads from Lane Deer to Birney, Birney to Ashland and Muddy Creek roads are BIA controlled, they may have the power to enforce trespass laws. But the main question remains, what to do about highway 212 where most of our serious accidents occur.

Until this problem is attended to our highways remain unsafe and we urge everyone to drive with caution.

Article submitted by Roxanne Braine, Environmental Health Technician, Northern Cheyenne Office of Environmental Health, Injury Prevention Program. For further questions or information, please call Roxanne Braine at 406-477-4516.

Crow Service Unit

October-December 2008- The Big Horn Pet Expo has ended the 2008 year of community Spay/Neuter Clinics under the auspices of the Montana Spay/Neuter Task force. Between Crow Agency and Pryor, the recent Hardin Clinic (11/08/08) plus the vouchers given to those pets that couldn't get to those clinics; the Big Horn Pet Expo has spay/neutered approximately 300 animals for the calendar year to date. The recent Hardin Clinic tallied at 140 dogs and cats spay/neutered in eight hours with three veterinarian teams on the surgery tables.

Many thanks and heartfelt gratitude needs to go out to: The Crow Tribe & The Big Horn County Commissioners who spear head this project annually for the County and Reservation to reduce the unwanted and stray dogs and cats in our communities which in turn minimizes bite injuries and rabies from entering our domestic pet population and threatening the human population.

Other strong contributors who have supported us faithfully over the years with contributions of supplies, lunches for the vet teams and volunteers, laundry and clinic set-ups are: Watts Crow Mercantile, Big Horn IGA, Four Aces, Hardin and Pryor High School FAA and staff, Charlotte Heinle, Lariat Motel and Animal Rescue, 4 H groups, Indian Health Service, and last but not least; our Hardin Animal Care Center Lead Veterinarian for the Montana Spay/Neuter Task force, Mark Francis and his team- Jill, Kim and Amy, Diana Scollard, Veterinarian from Columbus and her team and Veterinarian Amber Herron and her team.

Outstanding and dedicated volunteers this year were two of our Hardin High School Seniors, Molly Wyman and Jimmie Secrest, and the Indian Health Service volunteer nurses, Ruthie Carson, ER; Rebekah Wrigley,

ER; and Diane Wetsit, Clinical Director;; Dona Seeley, Rita and Paul Wagenaar, Phyllis Peters and Ted Fulgham and his 15 fabulous FAA high schoolers and many more great folks who donated their time, blankets, cages and food. It takes a community to care for the pets in our area and teach our children proper pet care and its all about adults, pets, and children interacting to give back to the community in kind. Thank you from all of you who participated in these great community events. Aho!

Article submitted by Deb Haines, IP Coordinator, Crow OEHE, Injury Prevention Program. For further questions or information, please call Deb Haines at 406-638-3474.



Editors Note: No Injury Prevention activities reported for October-December 2008 for the following Service Units/Tribal Health Departments: Wind River, Fort Peck Service Units, Confederate Salish and Kootenai Tribal Health Department, and Rocky Boy Tribal Health Department.

State of Montana News & Events

Safe On All Roads Update

Montana Department of Transportation Native American Traffic Safety

December 2008- The objectives of the Safe On All Roads (SOAR) program are to reduce traffic related deaths and injuries on the American Indian reservations in Montana. The program relies on local coordinators and advisors to target audiences of young adults, youth and families.

The program rolled out a seat belt campaign in September, timing the occupant protection message for Back-to-School. New billboards went up at Harlem and on the Rocky Boy, Fort Peck and Blackfeet reservations. In support of the "Live to Ride Again" billboard, the Buckle Up Boys first promoted by Margene Asay on the Flathead Reservation were brought back in a newspaper ad and poster.



Research and Data Collection

In September, a focus study for testing and evaluation of traffic safety messages was conducted in Lame Deer. The 17 young men who participated in the group demonstrated sincere concerns for safety issues—and many of those concerns went beyond seat belt use and sober driving. The issues they raised included residential speed zones, commercial truckers, pedestrian safety and more.

The SOAR program is currently working to obtain seat belt use observation on the reservations. Ideally, surveys will be taken using the same methodology that MDT uses in measuring use rates in the rest of the state.

Traffic Safety Radio Contest

The SOAR program is currently accepting entries in a contest primarily for high school students. Students can, singly or as a group, submit a radio script for a public service announcement or an original composition round dance song on the topics of sober driving or seat belt use. Winners from each reservation will go on to statewide competition. Contest rules and entry forms are available at www.safeonallroads.com. The deadline for entries is January 16, 2009. For more information, email info@safeonallroads.com.

Belt that cookie

Any medium that provides a platform to talk about seat belt use is on the table—even if it takes a little dough. Confederated Salish and Kootenai Tribes Health Educator Margene Asay made her point in icing, baking up 200 "seat belt" gingerbread men for the Christmas Bazaar in St. Ignatius. "The kids loved them," she said. "They'd say, 'is that a seat belt?...cute,'" she re-



ported. Margene is working with MDT's Safe On All Roads program for the first time this year, but has long been known for her tireless efforts to promote passenger safety.

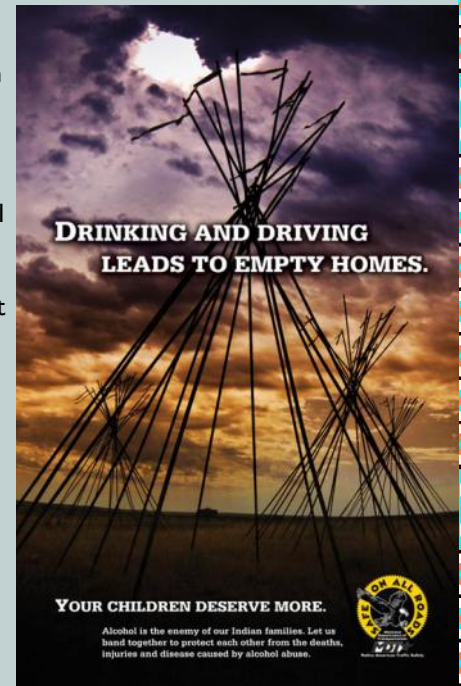
She also handed out buckle up messages on children's coloring pages and a "Santa Says Buckle Up" dot-to-dot.

2008 Holiday Campaign: "Empty Homes"

Mike Todd of Poplar and photographer Robert Stone of Wolf Point provided the concept and the photo image for the December media campaign aimed at reducing drunk driving.

"Empty Homes" posters have been distributed to all the reservations in Montana. Radio and newspaper ads using the same concept will run in reservation communities.

Email info@safeonallroads.com to obtain access to materials developed for the SOAR program. The www.safeonallroads.com web site is expected to complete construction by the end of January.



Basketball Season Promotions

The effort to get our seat belt messages into the gyms during basketball games continues this year, and has been expanded to more reservations. Banners have been created for 22 high schools. Local volunteers are helping to get seat belt announcements over the public address.



Coordination with other strategic efforts

-The Federal Highways Administration is working with tribes to develop tribe-specific safety plans. The SOAR coordinators on several reservations in Montana are assisting in the plan development and implementation.

-SOAR is also coordinating with several different entities who are part of the Montana Community Change project, the DPHHS environmental prevention grant to reduce binge drinking and drinking and driving.

Article submitted by Randi Szabo, Banik Communications, to reach Randi for further questions or comments, please call her at 406-454-3422, ext. 103.



Posting of Signs Hope to End Northern Cheyenne Illegal Dumping

December 2008- Arnie Lafanier, Northern Cheyenne Tribal Solid Waste Coordinator, in conjunction with the Heather Latray of the Billings Area Indian Health Service orchestrated the removal of 537.06 tons of solid waste at a cost of \$206,720.51 in 2008.



Pictured Above: Arnie Lafanier, Northern Cheyenne Solid Waste Coordinator, exhibited a new "No Dumping" sign to deter illegal dumping on the reservation.

Injuries can result from illegal dumps, examples of injuries include physical injuries from sharp or pointed objects and fires from flammable materials. Illegal dumps may contribute to vec-

tor control problems, diseases spreading from rodents and insects.

The Montana Indian Country CARE Project, out of Rocky Mountain College supported the project by designing and purchasing signs for each of the sites. Signs include a photograph of the site before clean-up occurred, and the Northern Cheyenne Ordinance which prohibits illegal dumping 17(90), Code 7-7-14. Arnie Lafanier believes the signs will really help deter people from illegal dumping, "It is our hope that these signs will stop people from dumping their waste, together we can really clean-up the reservation".

The project aims to reduce illegal dumping by educating community about the cost and impact illegal dumps have on the environment. By cleaning-up illegal dump sites we can decrease injuries and disease while promoting a healthier way of life for American Indian people.

Site	Tons of Waste	Cost
IHS Housing	41.08	\$13,351.00
Robinson	38	\$13,295.50
Ashland Flats	79	\$29,561.25
Littlebird	55.51	\$19,428.50
Rabbit Town	97.47	\$38,013.30
Clinton Small	226	\$92,532.90

Article submitted by Allyson Kelly, Director of Undergraduate Research, Rocky Mountain College, to reach Allyson Kelly for further questions or comments, please call her at 406-238-7278.

Wind River and Rocky Boy Add Three New Certified Child Passenger Safety Techs

December 2008- State Farm Insurance recently sponsored the Child Passenger Safety Certification training program in Bozeman. The Bozeman Fire Department and Child Care Connections conducted the Child Passenger Safety Certification training program December 1st – 5th.

This national certification program trains individuals to be nationally certified Child Passenger Safety (CPS) Technicians, learn the basics about vehicle



Pictured Above: Lionel Bell, Northern Arapaho IP Coordinator, installs a car seat.

occupant protection and how to communicate to parents and caregivers about CPS. Thirteen individuals passed the week long course including Teddy Koop and Steve Henry from the Rocky Boy's reservation as well as Lionel Bell from the Northern Arapaho Tribe in Wyoming.

Scott Mueller from the Bozeman Fire Department recently completed the training to be a certified CPS Instructor and lead the week long course. Mueller has also recently conducted trainings in Massachusetts and Virginia. Other instructors included Wendy Olson from the Flathead County Health Department and Mark Lee from the Butte Fire Department. Anyone who is interested in becoming a child passenger safety technician can call Pam Buckman at 406-444-0809. Parents and caregivers that are interested in having assistance installing their car seats may search the following website to find a fitting station in their city or county. <http://www.nhtsa.dot.gov/cps/cpsfitting/FindFitting.cfm>

Article submitted by Pam Buckman, MT Department of Transportation, State Highway Traffic Safety Bureau, for further information please contact Mrs. Pam Buckman @ 406-444-0809 or pbuckman@mt.gov

Events, Schedules, & Announcements

December 2008

December 2008- The Montana Department of Transportation's State DUI Task Force would like to announce the November/December issue of the Task Force Exchange, [click here](#) to download the latest issue.

January 2009

January 2009- Two Child Passenger Safety Certification Renewal Courses will be held on 1/12/2009 in Casper, WY; the

second renewal course will be held on 1/29/2009 in Rock Springs, WY. Current interested certified CPS Techs looking for renewal opportunities call log in [here](#) at the SafeKids website to register.

Funding Announcement

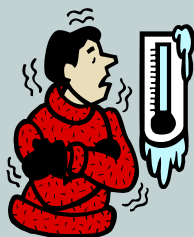
The Bureau of Indian Affairs Indian Highway Safety Program has released the application for the 2009 Child Passenger Safety Seat Program. Last day to submit applications: July 31, 2009. Please [click here](#) to download an application.

Safety Spotlight:

Winter Weather: Stay Safe & Healthy

HYPOTHERMIA:

- When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature.
- Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.
- Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.
- Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.



- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.
- If person is unconscious, perform CPR until medical professionals arrive at the scene.



FROSTBITE:

- Frostbite is an injury to the body that is caused by freezing.
- Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes.
- Frostbite can permanently damage the body, and severe cases can lead to amputation.
- The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.



RECOGNIZING HYPOTHERMIA:

Adults:

- shivering, exhaustion
- confusion, fumbling hands
- memory loss, slurred speech
- drowsiness

Infants

- bright red, cold skin
- very low energy

WHAT TO DO:

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—**seek medical attention immediately!!!**

If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

RECOGNIZING FROSTBITE:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- Numbness

WHAT TO DO:

- Seek Medical Attention Immediately!!!**
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Mission of the Indian Health Service

THE MISSION OF THE INDIAN HEALTH SERVICE IS TO RAISE THE PHYSICAL, MENTAL, SOCIAL, AND SPIRITUAL HEALTH OF AMERICAN INDIANS AND ALASKA NATIVES TO THE HIGHEST LEVEL.

THE GOAL TO ASSURE THAT COMPREHENSIVE, CULTURALLY ACCEPTABLE PERSONAL AND PUBLIC HEALTH SERVICES ARE AVAILABLE AND ACCESSIBLE TO AMERICAN INDIAN AND ALASKA NATIVE PEOPLE.

OUR FOUNDATION. TO UPHOLD THE FEDERAL GOVERNMENT'S OBLIGATION TO PROMOTE HEALTH FOR AMERICAN INDIAN AND ALASKA NATIVE PEOPLE, COMMUNITIES, AND CULTURES AND TO HONOR AND PROTECT THE INHERENT SOVEREIGN RIGHTS OF TRIBES.

Injury Prevention Program

OUR MISSION:

TO RAISE THE HEALTH STATUS OF AMERICAN INDIANS AND ALASKAN NATIVES TO THE HIGHEST POSSIBLE LEVEL BY DECREASING THE INCIDENCE OF SEVERE INJURIES AND DEATH TO THE LOWEST POSSIBLE LEVEL AND INCREASING THE ABILITY OF TRIBES TO ADDRESS THEIR INJURY PROBLEMS.



Billings Area Injury Prevention
Newsletter is edited by Darcy
Merchant.

Billings Area Indian
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Please [click here](#) to visit the
Billings Area Indian Health
Service website.